

04-28-09

All staff,

As many of you already know there has been an outbreak of the Swine flu in Mexico and several cases have been identified in the United States in California, Kansas, New York City, Ohio and Texas. Fortunately, there have been no cases in Wisconsin.

**Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people. If you get sick, the CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.**

### **Symptoms**

- Fever/with
- Lethargy
- Lack of appetite
- Coughing
- Runny nose
- Sore throat
- (sometimes) nausea, vomiting, diarrhea

**❖ PLEASE CONTACT YOUR HEALTHCARE PROVIDER IF YOU DEVELOP THE ABOVE SYMPTOMS AND have just returned from Mexico, California (especially San Diego and/or Imperial Counties), Arizona, New Mexico or Texas within 7 days prior to the onset of the symptoms OR have been in contact with ill persons from these areas in the 7 days prior to the onset of symptoms.**

### **Preventative Measures**

- Cover your nose and mouth with a tissue when you cough or sneeze, throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

Please contact Bette Carr, Kathy Pohl or your school nurse if you have any questions.

Sincerely,

Office of School Health  
Bette Carr RN and Kathy Pohl RN/Co-Nurse Team Leaders  
Dr. Gary Adamski/School Medical Advisor